

## ABSTRACT OF THE DISCLOSURE

A noodle has a plurality of slits formed at the central portion in the width of the noodle, and extending along the longitudinal direction of the noodle in a single line. At least one of the slits is closed at opposed ends thereof. When boiled, the noodles swell as a whole, and slits tend to be opened, so as to be easily caught by a fork or chopsticks. Once the noodles are caught and lifted up, they seldom escape. Compared to the conventional noodles, the noodles of the invention can be very easily picked up and be carried to the mouth.